



Senior NEWS

301-258-6380

November 2006



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.



"Cinderella" at Olney Theatre *Thursday, Dec. 7*

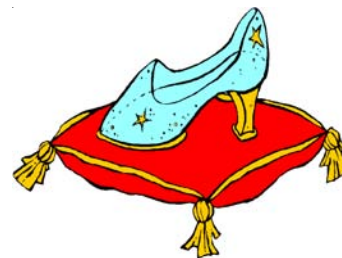
Depart: 11 a.m. Return: 5 p.m.

Fee: \$32 (transportation and show)

Deadline: Monday, Dec. 4

We'll have lunch first at New York style deli B.J. Pumpernickel's. (Order from the menu and pay in cash) Showtime is 2 p.m. for the enchanting musical by the legendary Rodgers and Hammerstein featuring a charming prince, a pumpkin coach, one spunky fairy godmother, and an ash-smudged dreamer with a heart of gold.

Only 19 tickets available.



Mark Your Calendar

DECEMBER 7

"Cinderella" at Olney

DECEMBER 11

Great House Tour Annapolis

DECEMBER 14

Holiday Luncheon

DECEMBER 25

Center Closed

JANUARY 1

Center Closed

JANUARY 3

"A Light at the Piazza"

Kennedy Center

Veterans' Day Luncheon

Thursday, Nov. 9

11:45 a.m.

- We welcome you to join us in honoring the men and women veterans of the Armed Forces. Seneca Valley H.S. ROTC Color Guard will present the flag. Chef Sia will prepare a special lunch through the Nutrition Program. Veterans eat free! Call 301-258-6380 or fill out a reservation form (be sure to tell us if you're a veteran) before 2 p.m. on Wednesday, Nov. 8.
- We will have a guest speaker from "Operation: Tribute to Freedom".
- Following the speaker "Company B Quartet" will harmonize grand old tunes.

Thanksgiving Celebration at the Senior Center

Wed., Nov. 22

11:30 a.m. - Singing Seniors Perform

At noon we will share in a traditional holiday feast. To partake in turkey and all the trimmings please register before 2 p.m. on Tuesday, Nov. 21 through the Nutrition Program.



DIRECTOR'S UPDATE

Dear Members,

During the next several weeks many of us will focus on enjoying family, friends, food, and an array of festivities! We hope that you will find this month's newsletter to be filled with programs and event opportunities that will encourage your participation and will add to the joy of your season.

Thanksgiving, a holiday when we can reflect on our blessings and reconsider our priorities, is also a reminder that being *thankful* is best expressed through *giving* back to others. So many of you provide selfless service to others, and each of you deserves acknowledgment.

Thank you to those who have provided countless hours of assistance to help our staff answer phones and with various efforts at our front desk. Our admiration and appreciation is extended to the talented ladies who have created beautiful baby blankets to provide warmth for children in need, and to the team of caring individuals who meet regularly to do crafts for those at NIH Children's Inn.

Thank you to those who help us serve lunch each day, and to those who go out of their way to make other members feel welcomed. Our gratitude is extended to those who serve on the Senior Council and its committees, in addition to those who have helped decorate, clean up, plan and assist with special events or with other Senior Center projects.

Several of our most quality programs are led by volunteers. Without your valued talents, we would not be able to have such a broad offering accommodating a variety of needs and interests. And without the beauty of the many pieces of art, our center would not be as warm and inviting.

There is a long listing of individuals from the Gaithersburg Upcounty Senior Center who give of yourselves as a way of saying 'thanks' for blessings in your lives. Each of you everyday, in a way that only you can, makes our center special.

Happy Thanksgiving everyone!

Grace



The Senior News Now Online!

You can now read the *Senior News* online. Visit the City site at www.gaithersburgmd.gov

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

WELLNESS PROGRAMS

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wednesday, Nov. 22

Time: 10:30 a.m. – noon



In Sympathy

Sympathy is extended to the family and friends of Thomas McCrorie.

Join Maggie Wesley

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

Stress Reduction Class

forming. Contact Maggie Wesley, LSW, at 301-258-6380 if you are interested.

Sharing Memories

Thursdays at 11 a.m.



The Nurse is In!

Fridays 9 a.m. - 3 p.m.

Sign up that day at the front desk for HeartWell patients.

Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

NOVEMBER '06 Activities with Gaithersburg Chapter #5358 of AARP

Tues., Nov. 14. Monthly Chapter Meeting 4 - 8 p.m.

4:00 p.m. Bingo \$2

5:30 p.m. Potluck Supper

(bring food or pay \$6). A brief business meeting will be held after dinner.

6:40 p.m. Carol Smith, LSW, will discuss how to enable seniors to stay in their homes and communities; she will include prescription drug coverage, transportation, and obtaining funds for home modifications that permit

*aging in place.
Program registration and payment
is required by 2 p.m. on
Monday, Nov. 13.*

Membership Drive

We would like to welcome new members to join us in our community service activities, our social activities, our educational programs and our entertainment. Forms are in the rotating display shelves in the lobby. We welcome new members to attend the November Pot Luck Dinner as our guest.

Chapter Sponsored Trips

Dec. 3 - 4: New York: Radio City

We will travel to New York on an Eyre Motor Coach, spend Sunday night at the Edison Hotel on 47th St., and see the Radio City Christmas Spectacular at 11 a.m. on Monday. The trip costs \$309 per person (double occupancy). A few seats remain.

May 13 - 17: Cruise

Baltimore to Bermuda

This Royal Caribbean cruise includes two days in King's Wharf Bermuda and remaining days on ship with entertainment, great cuisine, a full casino, pools and a Spa. Oceanview cabins start at \$919 per person (inside cabins \$839) including all taxes and fees. \$100 per person refundable deposit.

Members of the Senior Center and the local senior community are invited to join in our trips, projects and meetings which are held at the Gaithersburg Senior Center. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Drive, Gaithersburg, MD 20878. For more information on any of the above contact Annette by phone at 301-977-7936 or e-mail (annettethompsonphd@yahoo.com).

ACTIVITIES AND CLASSES AT THE CENTER

November Birthdays



- 1 Indra Kapoor
- 1 Teresa Urbina
- 1 Barbara Rolling
- 4 Carolina Tello
- 5 Anthony Grimmnitz
- 7 Virginia Blair
- 7 Carlota Martinez
- 8 Ngocnu Ho
- 10 Lois Vallin
- 11 Dorothy Bryan
- 13 Jane Hyndman
- 14 Louise Stevens
- 15 Patricia Botkin
- 15 Veena Nanavaty
- 16 Catherine
Sommerville
- 19 Nell Brock
- 20 Sara Ledford
Campbell
- 21 Yoo Soo Chung
- 22 Edna Thomas
- 22 David Shapiro
- 23 Barbara Haggerty
- 23 Nicholas Case
- 25 Ellen McCrorie
- 28 Ojen Sivasli
- 30 Ann Harrington

Celebrate Nov. 27

Dale Jarrett

performs
Wednesday, Nov. 1
12:45 p.m.



FREE Computer Classes



TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions.

THURSDAYS

10 a.m. – noon

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

Genealogy Class

Date: Monday, Nov. 13

Time: 11 a.m.

Fee: \$8

Learn how to research your family at the National Archives. Join even if you missed earlier classes.

Minimum: 6 Maximum: 12

Learn to Read and Sing

Choral Music

Wednesday, Nov. 8 at 11 a.m.

Free

Betty Sewell will help you learn to sing from sheet music.

Book Discussion Group

Thursday, Nov. 30

Now at 2 p.m.

Still FREE!

Book:

Founding Mothers

Author: Cokie Roberts



Yoga Adapted for Seniors

Mini-Session

Dates: Tuesdays, Nov. 28 - Dec. 19

(four sessions)

Time: 11 a.m.

Fee: \$9



Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance.

Minimum: 10 Maximum: 25

Watercolor on a New Day! *

Dates: Mondays, Oct. 2 – Nov. 6 (six sessions)

Time: 10:30 a.m.

Fee: \$18

Tom LaFleur will help you explore autumn subjects vividly.

Minimum: 8 Maximum: 12

CLASSES

* **Late joiners are welcome!**
(see program sheet)

Ballroom Dancing

Beginning

Dates: Tuesdays, Nov. 7 - 28

Time: 3 p.m.

Fee: \$20

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, Nov. 7 - 28

Time: 2 p.m.

Fee: \$20

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

"Ritmo Latino"

Thursdays at 11 a.m.

Free

Move with Olympia to Latin rhythms.

Intermediate Pottery

Dates: Wednesdays, Dec. 6 – Jan. 24 (eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6

Maximum: 8



Beginning English *

Dates: Tuesdays

FREE!

Time: 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

Minimum: 10 **Maximum:** 20

"Core and More"

Mondays

2 p.m.

Fridays

3 p.m.

Free

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

Crochet Display

Wednesday, Nov. 8

12:45 p.m.

Meet the people with the nimble fingers and prize-winning flair with a crochet hook.

Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Quilting Fridays

1 p.m.

FREE

Share experience, materials and ideas.

Supportive shoes should be worn in all fitness and dance programs - thank you!

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING – Mini session

Dates: Wednesdays, Nov. 15 – Dec. 13

(five sessions)

Time: 1 p.m.

Fee: \$5

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10

Maximum: 20

STABILITY BALL – Mini session

Dates: Thursdays, Nov. 16 - Dec. 21 (five sessions)

Time: 10:30 - 11:30 a.m.

Fee: \$5

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.



The Gaithersburg Upcounty Senior Center



Gaithersburg
A CHARACTER COUNTS! CITY

NOVEMBER 2006

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Exercise 10am Exercise 10am Int. Pottery 11am Step 2 Music 11am Singing Seniors 12:30pm Bereavement 1pm Crochet 1pm Weight Training Dale Jarrett performs	2 8:30am Longevity Stick 9am Energize 9:30am Poker 10am Chair Exercise 10am Stability Ball 11am Internet 11am Stroke Support 11am Sharing Memories 11am Ritmo Latino 11am Computer 12:30pm Bridge 1pm Meditate	3 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 12:50pm Bingo 1pm Quilting 3pm Core and More <div>Nurse is In 9 a.m. - 3:00 p.m.</div>	4
	6 9am Exercise 10am Exercise 10:30am Watercolor 11am Step 2 Music 12:30pm Mah Jongg 12:45pm Senior Council 12:50pm Bingo 1:30pm Book Club 2pm Embroidery 2pm Core and More	7 8:30am Longevity Stick 9am Energize 9am Cross Stitch/Knit 9:30am Poker 10am Computer Help 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Bridge 1pm Mah Jongg 2 pm Int. Ballroom 3 pm Beg. Ballroom <div>Shopping Hagerstown Outlets</div>	8 9am Exercise 10am Exercise 10am Int. Pottery 11am Step 2 Music 11am Learn Music 12:30pm Bereavement 12:45pm Crochet Display 1pm Weight Training	9 8:30am Longevity Stick 9am Energize 9:30am Poker 10am Chair Exercise 10am Stability Ball 11am Ritmo Latino 11am Computer 11am Internet 11am Stroke Support 11am Share Memories 12:30 pm Shopping 12:30pm Bridge 1pm Meditate <div>Veteran's Day Luncheon</div>	10 Center Closed Veteran's Day 	11

13

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Genealogy
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 2pm Core and More

*12:45 Heyday
 Players perform*

14 AARP

8:30am Longevity Stick
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Children's Inn
 1pm Mah Jongg
 2pm Int. Ballroom
 3pm Beg. Ballroom

15

9am Exercise
 10am Exercise
 10am Int. Pottery
 11am Step 2 Music
 11am Singing Seniors
 11am Hearing Less
 Seminar
 12:30pm Bereavement
 1pm Crochet
 1pm Weight Training

16

8:30am Longevity Stick
 9am Energize
 9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 11am Holiday Craft
 11am Internet
 11am Stroke Support
 11am Share Memories
 12:30pm Bridge
 1pm Meditate

17

9am Exercise
 10am Exercise
 10am Computer Help
 10:30am Watercolor
 12:50pm Bingo
 1pm Quilting
 3pm Core and More

*Lunch Bunch to
 Ambrosia*

*Nurse is In
 9 a.m. - 3:00 p.m.*

18**20**

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:45pm "Jubal Early's
 Raid on Washington"
 12:50pm Bingo
 2pm Embroidery
 2pm Core and More

21

8:30am Longevity Stick
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:45pm Latin Exhibi-
 tion
 1pm Mah Jongg
 2pm Int. Ballroom
 3pm Beg. Ballroom

22

9am Exercise
 10am Exercise
 10:30am Blood Pressure
 11am Step 2 Music
 12:30pm Bereavement
 1pm Weight Training
 1pm Crochet

**THANKSGIVING
 LUNCH**

Senior Singers per-
 form

23

**Center
 Closed**

Thanksgiving

24

**Center
 Closed**

Thanksgiving

25**27**

*Birthday
 Celebration*
 9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 2pm Core and More

*Antietam &
 Shepherdstown Trip*

**28**

8:30am Longevity Stick
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Yoga
 11am Beg. English
 12:30pm Bridge
 1pm Mah Jongg
 2pm Int. Ballroom
 3pm Beg. Ballroom

29**HOLIDAY BAZAAR**

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Bereavement
 1pm Crochet
 1pm Weight Training

30

8:30am Longevity Stick
 9am Energize
 9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 11am Ritmo Latino
 11am Computer
 11am Internet
 11am Stroke Support
 11am Share Memories
 12:30pm Bridge
 1pm Meditate
 2pm Book Discussion
 Arts Barn
 FREE Preview



Supportive
 shoes should
 be worn in all
 fitness and
 dance
 programs.



ACTIVITIES AND TRIPS

“The Light in the Piazza”

Kennedy Center Opera House
Washington, DC

Date: Wednesday, Jan. 3, 2007

Depart: Noon **Return:** 6 p.m.

Fee: \$89 (includes transportation and show)

Deadline: Friday, Dec. 1

(trip cancelled if minimum not met)

"The most intensely romantic score of any Broadway musical since West Side Story" - New York Times

Six Tony Awards including Best Score (2005)

Direct from Broadway, this dreamy new musical sweeps you away to Italy, 1953. A mother and daughter traveling the Tuscan countryside meet a handsome Florentine who catches the daughter's eye. The woman tries in vain to keep them apart hiding a dark secret that will surely test their love. We have good (center orchestra) seats for this elegant, passionate and witty production.

Minimum: 20

Maximum: 25



Annapolis Great House Tour

Hammond-Harwood House (1774)

William Paca House (1763)

Date: Monday, Dec. 11

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$39 (includes transportation, entrance and docent tours for both houses, soup, entrée, dessert, beverage and gratuity)

Deadline: Monday, Nov. 27

Visit two grand manors in Annapolis elegantly decorated for the holiday and have lunch in the time between at Phillips Annapolis Harbor. Select from menu on registration form. **Lots of walking.**

Minimum: 20

Maximum: 33

Trip to Antietam and Shepherdstown

Date: Monday, Nov. 27

Depart: 8 a.m. **Return:** 5 p.m.

Fee: \$36 (includes transportation, battlefield with docent tour, entrée, dessert, beverage and tip)

Deadline: Thursday, Nov. 9 (trip cancelled if minimum not met)

We'll tour Antietam Battlefield where the bloodiest one-day battle of the Civil War was fought. A ranger will describe the campaign as we drive the grounds for an hour and a half before stopping in the Visitor Center. At noon we'll travel 10 minutes to Shepherdstown, WV and pick from a limited menu at the elegant Yellow Brick Bank Restaurant. Following lunch you will have free time to explore the quaint shops in this historic town. **Lots of walking.**

Minimum: 20

Maximum: 33

Crafts for Children's Inn at NIH

Tuesday, Nov. 14
12:30 p.m.

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.

Trip to Hagerstown Outlets

Date: Tuesday, Nov. 7

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$7 (transportation only)

Deadline: Monday, Nov. 6

Seniors receive 10% off and coupons.

There are over 100 designer and specialty stores.

Minimum: 20

Maximum: 33

Lunch Bunch

Ambrosia Grille

802 Hungerford Dr., Rockville

Date: Friday, Nov. 17

Depart: 11:45 a.m.

Return: 1:45 p.m.

Fee: \$4 (transportation only)

Deadline: Thursday, Nov. 16

Great affordable Greek food! Order from the menu and pay in cash.

Minimum: 15

Maximum: 33



Singing Seniors

The singers will practice at 11 a.m. the first and third Wednesday of the month.

Heyday Players of Roundhouse Theatre perform adaptations of **American Short Stories**
Monday, Nov. 13
12:45 p.m.



If you are interested in being a Secret Santa to a local child identified by a school counselor, contact Denise Mornini at 301-258-6380.

FREE PREVIEW

Gaithersburg Arts Barn
311 Kent Square Road

"Best of Broadway: Overtures and Finales"
Thursday, Nov. 30 at 7:30 p.m.

An evening of musical selections will carry the audience through first love, new jobs, new babies - the "overtures" in our lives, as well as the end of love, death, loss of children, and growing old - our "finales."

Go on your own with as many guests as you like.

LECTURES

"Jubal Early's Raid on Washington"

By Dr. B. Franklin Cooling

Monday, Nov. 20 at 12:45 p.m.

Come for an interesting local history lesson by Civil War historian, Professor Cooling. He will tell us how the Union Army defended Washington against the raid by Confederate forces, and the battle of Monocacy that saved Washington, DC. Register on the program sheet.

Seminar on Hearing Loss

By Nancy Powell, M.A., N.C.C

Wednesday, Nov. 15 at 11 a.m.

Reach, educate, and communicate hearing (REACH seminar) covers what is considered a hearing loss; what causes it; symptoms and warning signs; what is your hearing quotient; and what can be done to improve your hearing. Please register on the program sheet.

AARP Sponsored Winter Bazaar

November 28 - 30

For three days you can buy and sell your needlework, jewelry, arts and crafts, jams, goodies, and any other new or gently used item. Price your items so that the Senior Center receives 20% of the proceeds. If you do not want to sit at a table you may donate items and all the proceeds go to the Center. Call Annette at 301-977-7936 with questions.

Holiday Craft

Led by Luz Maria Freytes and Lydia Maysonet

Date: Thursday, Nov. 16

Time: 11 a.m.

Fee: \$10

You will be given materials and instruction to make a seasonally decorated candle holder. See the example at the front desk.

Minimum: 6

Maximum: 20

Latin Arts and Crafts Exhibition

Tuesday, Nov. 21 at 12:45 p.m.

Meet the women who have created many beautiful handmade items.

SUPPORT SERVICES

"Book Club" for Individuals with Aphasia

Monday, Nov. 6

1:30 p.m.

Fee: \$30

Call 240-475-8786 for information.

Bereavement Group

This group meets at the Center every Wednesday afternoon from **12:30 - 2 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare & Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

Internal Light

Monday, Nov. 13 & 27
12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

Caregiver's

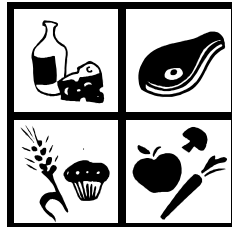
Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Call 301-258-6380.



Bad Weather Closing Policy

The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed.

The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!

Legal Services

Legal Services are available free to seniors, age 60 and older. Legal Aid Bureau services include:

Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	27 de noviembre	12:45 p.m.
Tomarse la Presión	22 de noviembre	10:30 a.m.

EXHIBICION HISPANA DE ARTESANIA

Día: jueves 21 de noviembre

Hora: 12:45 p.m.

Durante esta exhibición, usted podrá conocer a las personas que han hecho esta bella artesanía.

ARTESANIA PARA LOS NIÑOS DE NIH

Día: martes 14 de noviembre

Hora: 12:30 p.m.

Venga, ayúdenos y disfrute haciendo artesanía para los niños de NIH. Estos regalitos que ustedes harán, le ayudarán a los niños que están resibiendo un tratamiento a poder sonreír y sentirse alegres. Para hacer estos proyectos usted no tiene que ser artista, solamente tener el deseo de seguir las instrucciones de la señora Madeline Britnell. Se proveerá todo el material requerido para dichos proyectos.

VIAJE DE COMPRAS A LAS TIENDAS DESCUENTO IN HAGERSTOWN

Día: jueves 7 de noviembre

Salida: 10 a.m. **Retorno:** 4 p.m.

Costo: Transportación \$7

Fecha de vencimiento: lunes 6 de noviembre

Tome ventaja de éste viaje a las tiendas de descuento para hacer sus compras y si lleva con usted su identificación puede recibir un 10% de descuento adicional.

Mínimo: 20 **Máximo:** 33

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

RITMO LATINO

Día: jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con saber Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. !No se lo pierda!

TIENDA DE LAS PULGAS Y BAZAR DURANTE EL INVIERNO

(Segunda Mano)

Los días: noviembre 28 al 20

En esta venta de segunda, usted podrá comprar joyas, arreglos de flores secas, artículos de crochet, ropa, galletas y pastelitos horneados. Puede traer artículos para vender, el 20% de la venta será donado al Centro. Si desea donar artículos, el dinero será para el Centro.

ALMUERZO FESTIVO/DIA DE ACCION DE GRACIAS

Día: miércoles 22 denoviembre

Hora: 11:30 a.m.

Performarán el Grupo de Seniors Cantantes.

A las 12n. se servirá el almuerzo festivo de pavo relleno. Por favor haga su reservación no más tarde del día martes antes de las 2 p.m.

REGLAS PARA CERRAR EL CENTRO DURANTE EL INVIERNO

Si el tiempo está malo y las escuelas públicas del condado de Montgomery cierran, el Centro estará cerrado también. Si las escuelas abren tarde, el Centro estará abierto, pero no se proveerá transportación. Si la temperatura está baja y las escuelas están cerradas, por favor escuche la televisión ó la radio para más información.

AREGLO NAVIDEÑO

Instructoras: Luz Maria Freytes y Lydia Maysonet

Día: jueves 16 de noviembre

Hora: 11 a.m.

Costo: \$10

Si desea participar haciendo este areglo navideño, por favor vea el ejemplo en la oficina. Se les proveerá todo el material requerido.

Mínimo: 6 **Máximo:** 20

ALMUERZO EN GRUPO AL RESTAURANTE GRIEGO/PARILLA DE AMBROSIA

802 Hungerford Drive. Rockville, MD

Día: viernes 17 de noviembre

Salida: 11:45 a.m. **Retorno:** 1:45 a.m.

Costo: Transportación \$4

Fecha de vencimiento: jueves 16 de noviembre

Este restuarante ofrece una variedad de comida Griega. Usted puede ordenar del menú y pagar en efectivo su almuerzo ese día.

Mínimo: 15 **Máximo:** 33

ALMUERZO EN HONOR A LOS VETERANOS

Día: jueves 9 de noviembre

Hora: 11:45 a.m.

Venga y disfrute de un delicioso almuerzo en honor a los Veteranos de las Fuerzas Armadas. Un grupo llamado ROTC Guardias con los Colores de la Escuela Secundaria Séneca Valley marcharán presentando la Bandera Nacional a las 11:45. Despúes del almuerzo el conferencista hablará de la Operación Tributo A La Libertad y también habrá entretenimiento por el grupo B. Quartet. Por favor haga su reservación no más tarde del día miércoles antes de las 2 p.m.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
John B. Schlichting

Council Member
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

Classes and Programs for NOVEMBER 2006

(For Office Use Only)
Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins Nov. 6, 2006 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
20977	Intermediate Pottery	Dec. 6 - Jan. 24	\$8
20981	Book Club	Nov. 6	\$30
20648	Watercolor on Mondays	Oct. 2 - Nov. 6	\$18
20823	Genealogy	Nov. 13	\$8
20975	Lecture: "Jubal Early's Raid on Washington"	Nov. 20	N/A
20976	Seminar on Hearing Loss	Nov. 15	N/A
20980	Holiday Craft	Nov. 16	\$10
20982	Beginning Ballroom Dance	Nov. 7 - Nov. 28	\$20
20983	Intermediate Ballroom Dance	Nov. 7 - Nov. 28	\$20
20984	Yoga Adapted for Seniors – Mini Session	Nov. 28 - Dec. 19	\$9
20978	Weight Training – Mini session	Nov. 15 - Dec. 13	\$5
20979	Stability Ball – Mini session <i>no class Nov. 23</i>	Nov. 16 - Dec. 21	\$5
20972	Trip to Hagerstown Outlets	Nov. 7	\$7
20973	Lunch Bunch to Ambrosia Grille	Nov. 17	\$4
20969	Trip to Antietam and Shepherdstown	Nov. 27	\$36
20968	"Cinderella" at Olney Theatre	Dec. 7	\$32
20974	Annapolis Great House Tour	Dec. 11	\$39
<input type="checkbox"/> Crab cake sandwich <input type="checkbox"/> Caesar salad with salmon <input type="checkbox"/> Pasta with tomato/basil sauce			
20970	"The Light in the Piazza" Kennedy Center	Jan. 3, 2007	\$89

**** If you would like to join a class that has already started ask at the front desk for a pro-rated fee.***

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Registrations will not be processed until the 5th of the month!

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐

Check if you need special accommodations.

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____